



Living an Extraordinary Life

Robert White

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Based on intensive work with over one million people worldwide, this personal development and leadership coaching book demonstrates that we all have everything it takes to live an extraordinary life - if we are willing to take charge of our lives and discover the true meaning of personal responsibility. Like diets we don't follow, 'self-help' books have become cliché-ridden shopping lists for what doesn't work. They are as likely to generate a Doonesbury spoof as improvements in people's lives. Often the only thing they improve is the thickness of their authors' wallets. Prescribing solutions is almost always ineffective and self-defeating. Until you are good and ready, you are not going to follow even the most well-meaning advice about personal growth. But if you are truly ready for growth and change, and if your facilitator is gifted, it is possible. The key is insightful coaching and a lot of penetrating questions, heart-to-heart questions that reach deep inside and ask you to address issues you can no longer afford to avoid. In this, Robert White's first book, he says, "I don't have the answers for your life, but I know for certain that you do. There are no rules in these pages, nothing conceptual or theoretical to be mastered or to memorize. It is simply an inquiry into what is possible for each of us in the areas of life we truly care about most: our relationships, career, personal identity, joy in living and connection to spirit."



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